

FOOD ALLERGY

&

SENSITIVITY INFORMATION

R&D KITCHEN
EFFECTIVE APRIL 2023



SAUCES

	GRAVY	MAYONNAISE	RELISH	CAESAR DRESSING	RANCH DRESSING	CHIPOTLE MAYONNAISE	HONEY MUSTARD MAYONNAISE
Eggs		●		●	●	●	●
Milk				●	●		
Mustard		●	●	●	●	●	●
Peanuts							
Seafood (fish, crustaceans & shellfish)				●			
Sesame							
Soy	●						
Soybean Oil		●		●	●	●	●
Sulphites			●	●			
Tree Nuts							
Wheat & other gluten sources							

SIDES

	POUTINE	SWEET POTATO FRIES	FRIES	VEGGIE PATTY	ONION RINGS	CAESAR SALAD	HOUSE SALAD	CLAM CHOWDER
Eggs				●		●		
Milk	●			●	●	●		●
Mustard				<i>may contain traces</i>		●	●	
Peanuts								
Seafood (fish, crustaceans & shellfish)						●		●
Sesame						<i>may contain traces</i>		
Soy	●			<i>may contain traces</i>		<i>may contain traces</i>	●	●
Soybean Oil						●		
Sulphites	●		●	<i>may contain traces</i>		●	●	
Tree Nuts							●	
Wheat & other gluten sources				●	●	●		●

BRUNCH

	BRUNCH BURGER	CHARRED TOMATO & MUSHROOM BENNY	CLASSIC EGGS BENNY	PRAWN & AVOCADO BENNY	BBQ BRISKET BENNY	TRIPLE BERRY WAFFLE	GOCHUJANG CHICKEN & WAFFLE
Eggs	●	●	●	●	●	●	●
Milk	●	●	●	●	●	●	●
Mustard	●				●		
Peanuts							
Seafood (fish, crustaceans & shellfish)				●			
Sesame	<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>			
Soy	●	●	●	●	●	<i>may contain traces</i>	<i>may contain traces</i>
Soybean Oil							
Sulphites	●				●		
Tree Nuts	<i>may contain traces</i>						
Wheat & other gluten sources	●	●	●	●	●	●	●

STARTERS

	COCONUT PRAWNS	CRISPY HUMBOLDT SQUID	NAT'S CRISPY DRY RIBS	CRISPY TOFU	TUNA TATAKI	DRUMS - CLASSIC BUFFALO	DRUMS - MAPLE CHILI	DRUMS - ROASTED GARLIC & HABANERO
Eggs				●	●	●	●	●
Milk		●				●	●	●
Mustard				●	●	●	●	●
Peanuts								
Seafood (fish, crustaceans & shellfish)	●	●			●			
Sesame				●	●			
Soy				●	●			●
Soybean Oil						●		
Sulphites	●							●
Tree Nuts								
Wheat & other gluten sources	●	●		●				

BURGERS

	LEGENDARY DELUXE*	LEGENDARY DELUXE WITH CHEESE*	BACON CHEDDAR BURGER*	DOUBLE DOUBLE*	MONTY MUSHROOM BURGER*	IMPOSSIBLE BURGER	BACON CHEDDAR CHICKEN BURGER*
Eggs	●	●	●	●	●		●
Milk	●	●	●	●	●		●
Mustard	●	●	●	●	●		●
Peanuts							
Seafood (fish, crustaceans & shellfish)							
Sesame	<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>		<i>may contain traces</i>
Soy	●	●	●	●	●	●	●
Soybean Oil	●	●	●	●	●		●
Sulphites	●	●	●	●	●		●
Tree Nuts							
Wheat & other gluten sources	●	●	●	●	●		●

*Burgers are gluten-friendly with a gluten-free bun or lettuce wrapped

BURGERS

	LOUISIANA CHICKEN BURGER	GOCHUJANG CHICKEN BURGER	STEELHEAD BURGER*	WAGYU CHEDDAR BURGER*	R&D WAGYU HOUSE BURGER*	TRUFFLED MUSHROOM WAGYU BURGER*
Eggs	●	●	●	●	●	●
Milk	●	●	●	●	●	●
Mustard	●		●	●	●	●
Peanuts						
Seafood (fish, crustaceans & shellfish)			●			
Sesame		●	<i>may contain traces</i>		<i>may contain traces</i>	<i>may contain traces</i>
Soy		●	●	●	●	●
Soybean Oil	●	●				●
Sulphites			<i>may contain traces</i>	●	<i>may contain traces</i>	<i>may contain traces</i>
Tree Nuts			<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>
Wheat & other gluten sources	●	●	●	●	●	●

*Burgers are gluten-friendly with a gluten-free bun or lettuce wrapped

PASTA & BOWLS

	BLACK TRUFFLE VEGAN MUSHROOM FETTUCCINE	CHICKEN & MUSHROOM FETTUCCINE ALFREDO*	FILONE	TUNA TATAKI RICE BOWL
Eggs			may contain traces	●
Milk		●	may contain traces	
Mustard				●
Peanuts				
Seafood (fish, crustaceans & shellfish)				●
Sesame			may contain traces	●
Soy			may contain traces	●
Soybean Oil		●		
Sulphites		●	may contain traces	
Tree Nuts			may contain traces	
Wheat & other gluten sources	●	●	●	

*All pastas listed without filone & gluten-friendly with GF pasta

GREENS

	CHICKEN CAESAR*	FILONE	JUMBO PRAWN & ROASTED POBLANO CAESAR	R&D HOUSE SALAD	WITH SEARED TUNA	WITH LEMON GRILLED CHICKEN	WITH BAKED STEELHEAD	WITH CRISPY TOFU
Eggs	●	may contain traces	●	●				
Milk	●	may contain traces	●	●				
Mustard	●		●					
Peanuts								
Seafood (fish, crustaceans & shellfish)	●		●		●		●	
Sesame		may contain traces		●	●			●
Soy		may contain traces	may contain traces	●				●
Soybean Oil	●		●					
Sulphites	●	may contain traces	●					
Tree Nuts		may contain traces		●				
Wheat & other gluten sources	●	●	●					●

*Listed without filone

SANDWICHES & PIZZA

	CHICKEN CAESAR WRAP	CRISPY CAJUN FISH PO'BOY	BBQ BEEF BRISKET ON FILONE	BRUNCH PIZZA	MARGHERITA PIZZA	SOUTHWEST CHICKEN PIZZA	TRUFFLED MUSHROOM PIZZA
Eggs	●	●	may contain traces	●		●	
Milk	●	●	●	●	●	●	●
Mustard	●		●	may contain traces	may contain traces	may contain traces	may contain traces
Peanuts							
Seafood (fish, crustaceans & shellfish)	●	●					
Sesame		may contain traces	may contain traces				
Soy		may contain traces	may contain traces	●	●	●	●
Soybean Oil	●	●					
Sulphites	●	may contain traces	●				
Tree Nuts		may contain traces	may contain traces				
Wheat & other gluten sources	●	●		●	●	●	●

*All pizzas are gluten-friendly on GF crust

MAINS

	BBQ ST. LOUIS RIBS*	BBQ ST. LOUIS RIBS WITH CRISPY CHICKEN	STEELHEAD & PRAWNS	TOP SIRLOIN STEAK WITH ADOBO**	TOP SIRLOIN STEAK WITH WILD MUSHROOM DEMI**	HADDOCK & CHIPS	SIDE TARTAR SAUCE
Eggs	●	●					●
Milk	●	●	●				
Mustard	●	●					●
Peanuts							
Seafood (fish, crustaceans & shellfish)			●			●	
Sesame							
Soy	●	●	●		●		
Soybean Oil							●
Sulphites	●	●		●	●		
Tree Nuts							
Wheat & other gluten sources	●	●		●	●	●	

*Gluten-friendly without cornbread

**Gluten-friendly without crispy onions

KID'S MENU

	CHICKEN STRIPS	GRILLED CHEESE	PASTA & CHEESE	PIZZA	VEGGIES & DIP
Eggs	<i>may contain traces</i>	●			●
Milk	<i>may contain traces</i>	●	●	●	●
Mustard				<i>may contain traces</i>	●
Peanuts					
Seafood (fish, crustaceans & shellfish)					
Sesame		<i>may contain traces</i>			
Soy	●	●		●	
Soybean Oil	●				
Sulphites	<i>may contain traces</i>	<i>may contain traces</i>			
Tree Nuts					
Wheat & other gluten sources	●	●	●	●	

DESSERTS

	TRIPLE BERRY CHEESECAKE	TRIPLE DARK CHOCOLATE S'MORES BROWNIE	STRAWBERRY MOUSSE*	MILKSHAKES
Eggs	●		●	
Milk	●	●	●	●
Mustard				
Peanuts				<i>may contain traces</i>
Seafood (fish, crustaceans & shellfish)				
Sesame	<i>may contain traces</i>			
Soy	●	●		●
Soybean Oil				
Sulphites	●			
Tree Nuts	<i>may contain traces</i>		●	<i>may contain traces</i>
Wheat & other gluten sources	●	●	●	

*Gluten-friendly without wafer